

PHYSICAL ACTIVITY SPRING TRAINING TIPS

For good health men should get 30 minutes of moderate-intensity activity a day, most days of the week; boys should get 60 minutes. These tips show how easy and fun getting active is.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	When playing golf, forego the cart and walk the course. Pack some easy-to-carry fresh fruit.	Whenever possible, walk to work or to the bus or subway to get to work.	Take an after-dinner walk with a family member, friend, or pet.	Take up a new active past time like tennis or racquetball.	Get some fresh air and take a walking break when you need a pick-me-up at work.	Keep a pair of comfortable shoes in your car or office so that you'll always be ready for action.	Enjoy your favorite sport—play pick-up baseball, basketball, soccer, hockey, football, or field hockey.
WEEK 2	Join a gym that's near your house or on your way to work.	Catch your favorite show while walking on a treadmill or riding a bike or other exercise machine.	Take your dog or a friend's dog for a walk after work. Consider getting a dog.	Buy roller blades for yourself and the whole family.	Do community service that involves being active, like coaching a boys sports league.	Sign up for a fund-raising activity like a walk or run for a good cause.	Get together with your friends by doing something active like playing ball, golf, or bowling.
WEEK 3	Go for a nature hike or make a date out of it with your significant other.	Do yard work and turn your yard into the best looking yard in the neighborhood.	Try a new active game like paintball or laser tag.	Learn how to dance, sign up for a class with your partner. Or go solo—it's a great way to meet potential dates.	Go for a short walk or jog before you get ready for work if you have to drive to get there.	Play active games with your kids or your friend's kids.	Mow the lawn or rake leaves instead of having someone else do it.
WEEK 4	Go for an adventurous bike ride in a park with interesting trails.	Instead of delivery, order take-out and walk to pick it up.	Tackle home repair projects.	Use weekends and vacation days to try new activities like kayaking, skiing, canoeing, and scuba diving.	Sign up for an exercise class like boxing, weight lifting, or stretching with a friend or your partner.	Use the stairs instead of the elevator or escalator.	Do sit-ups during commercial breaks.